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Food and Home Notes

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35TH YEAR

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Dr. June L. Kelsay, research nutritionist at USDA, contemplates some of the results in the fiber diet study.

USDA STUDIES

FIBER DIETS

How much fiber is needed in the diet? This question is being studied at the U.S. Department of Agriculture laboratory at Beltsville, Md. to determine the desirable level of fiber intake for humans. People not accustomed to eating bran or whole grain cereals may not have to worry about eating those foods anymore, according to early results of studies conducted at the Nutrition Institute by Dr. June L. Kelsay, research nutritionist, in cooperation with the University of Maryland.

(Continued on back)

ON CHOLESTEROL

If cholesterol is a problem in your diet, knowing some of the foods to avoid can be helpful in reducing your cholesterol intake.

Cholesterol is a fat-like material present in animal foods but not in vegetables. In general, poultry contains less cholesterol than meat, and fish contains less than poultry.

Organ meats contain much higher levels of cholesterol per serving than any other products. Cholesterol content of dark poultry meat is higher than that of light poultry meat. Among dairy products, cholesterol is generally related to dairy fat content.

The approximate milligram count of cholesterol in a three ounce serving of the following cooked, boneless items is: beef or pork, 75 to 80; beef kidney, 680; chicken, 65-80; and chicken livers, 510-635. In fish; salmon, 30-40; sardines, 100. One large whole egg, 250; egg white, no cholesterol; egg yolk, 250. The cholesterol count in one ounce of natural cheese, 20-30; and in cream cheese, 16.

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The once a week shopping habit seems to be a firmly established behavioral pattern of the American consumer, according to recent surveys by the U.S. Department of Agriculture.

USDA STUDIES FIBER DIETS (CON'T.)

Twelve male volunteers were fed special diets for an eight week study-period. Divided into two groups for four weeks each, the men were first put on low-fiber diets, and then shifted to a high-fiber diet. Except for fiber content, the diets were as much alike as the nutritionists could make them. The question is how much fiber is needed to obtain beneficial effects in humans, and to minimize adverse effects.

This study was conducted because a prior fiber research study with bran did not include a high-fiber diet without bran. According to Dr. Kelsay, this study marks the first effort by USDA to conduct controlled experiments on fiber.

Sample Diets Used in Study

High-Fiber Diet

Breakfast: Grapefruit, Puffed rice cereal, Dates, Milk, Bread (white), Egg, Butter, Half and Half, Sugar.

Lunch: Roast Beef, Bread (white), Corn (whole grain), Pineapple tidbits, Pudding.

Dinner: Ham, Spinach, Carrots and Cabbage w/Dressing, Roll (white), Angel Cake, Blackberries, Milk.

Low-Fiber Diet

Breakfast: Grapefruit juice, Puffed rice cereal, Jelly, Milk, Bread (white), Egg, Butter, Half and Half, Sugar.

Lunch: Roast Beef, Bread (white), Pineapple juice, Pudding.

Dinner: Ham, Vegetable juice, Macaroni w/Dressing, Roll (white) Angel Cake, Grape juice, Milk.

FOOD CLIPS

Green, leafy vegetables quickly wilt and change flavor as water evaporates from their tissues. Other vegetables--corn, beans, and peas, lose sweetness in a short period of time as their sugars convert to starch.

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Always remember to drain fresh green vegetables before you put them into containers or plastic bags to store in the refrigerator. If you wash lettuce, celery, and other leafy vegetables before storing, drain thoroughly because too much moisture can hasten decay, warns USDA home economists.

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Do not soak vegetables for a long period of time because some nutrients dissolve in water.

ABOUT YOU 'N' ME

American Women in Radio and Television seated new officers at their national conference in Los Angeles: Timatha S. Pierce of NBC, New York City, is the new national president; Jeannette Mulder Greer of KFDM, Beaumont, Texas is secretary-treasurer.. A new book called "Food Allergy" by Dr. Frederick Speer has been published by PSG Publishers in Littleton, Mass. It covers the history of food allergy, as well as a discussion of individual foods.. National Dairy Council has a new booklet on "Guide to Wise Food Choices"....Deni Hamilton has been named food editor of the Louisville (Ky.) Courier-Journal. She is a native of Louisville, and a former writer/editor at McGraw-Hill in New York.